

# April Group Fitness Class Schedule

## 2<sup>nd</sup> Ward Gym and MCAC

800 E. MLK Jr. Blvd Charlotte, NC 28202

**\*There will be no classes the week of April 2-6\***

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
5:45AM-6:30AM	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Closed		
6:45AM-7:30AM	Full Body Blast	Fusion Fitness	Full Body Blast	Fusion Fitness	360 Training			
7:45AM-9:15AM						8:15AM-9:00AM	Coming Soon	Closed
9:30AM-10:15AM	Cardio Xpress	Total Body Resistance	FlexFIT (30 minute class)	Total Body Resistance	Cardio Xpress	Coming Soon		
10:30AM-11:15AM	T3	UpperCut	T3	UpperCut	T3	Coming Soon		
12:00PM-12:45PM	HIIT-CSE (30 minute class)	Full Body Blast	HIIT-CSE (30 minute class)	Full Body Blast	HIIT-CSE (30 minute class)	Coming Soon		
1:00PM-2:00PM	Closed							
2:00PM-5:00PM								
5:30PM-6:15PM	*Coming Soon*	Adult Athletic Leagues	Coming Soon	Adult Athletic Leagues	Birthday Party Rentals	Closed		
6:30PM-7:15PM	Run Club (5:45pm)		Coming Soon					
7:30PM-9:00PM	Coming Soon		Coming Soon		Closed			
9:00PM-10:00PM	Closed		Closed					

**\*\$5 drop in fee for non-members**

**\*Classes are included in Aquatic Memberships**



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# Group Fitness Class Descriptions

## **Cardio Xpress:**

Cardio Xpress is a 45-minute low impact total body workout that focuses on full body conditioning. This class will incorporate bodyweight/dumbbell exercises to improve cardio. This class is perfect for those that need low impact exercises, but still want to get in a good sweat!

- \*All Fitness Levels-Moderate Intensity

- \*Cardio and Endurance

- \*Bodyweight/ Dumbbells, Medicine Balls, Kettlebells

## **FlexFIT:**

FlexFIT is a quick 30-minute total body stretch and active recovery class that focuses on flexibility and muscle mobility. FlexFIT will involve full body dynamic, static, and isometric exercises. This is perfect for everyone that needs an awesome stretch to recover their muscles and increase their mobility to start the day! FlexFIT is not yoga or Pilates.

- \*All Fitness Levels- Low intensity

- \*Flexibility and Mobility

- \*Bodyweight and Resistance Bands

## **Full Body Blast:**

Full Body Blast is a 45-minute total body circuit that focuses on functional movements and interval training. This is a challenging class that will build strength, endurance, and coordination. Full Body Blast is great for those that are short on time and need a morning or midday sweat session.

- \*All Fitness Levels- Moderate Intensity

- \*Strength, Endurance, and Cardio

- \*Bodyweight/Dumbbells, Medicine Balls, Kettlebells, Bosu Balls, etc.

## **Fusion Fitness:**

Fusion Fitness is a 45-minute total body strength and conditioning workout that incorporates functional movements to increase strength and endurance, while toning muscles. This class will involve strength and power training, to improve motor skills and coordination, as well as cardio, to increase endurance. This class is perfect for those that need to incorporate weight training into their routine and need a good sweat in the morning before work!

- \*All Fitness Levels- Moderate Intensity

- \*Strength, Power, Endurance, and Full Body Conditioning

- \*Body weight/ Dumbbells, Medicine Balls, Kettlebells, etc.

## **HIIT-Cardio Strength and Endurance:**

High Intensity Interval Training is a quick 30-minute total body workout that combines short bursts of intense exercises, followed by a short period of active recovery strength/aerobic exercises. HIIT-CSE is designed to improve athletic capacity, conditioning, strength, and endurance/ This is an advanced class but all fitness levels are welcomed as all exercises can be modified.

- \*All Fitness Levels- High Intensity
- \*Cardio, Strength, and Endurance
- \*Bodyweight/Dumbbells and Kettlebells Optional

## **Total Body Resistance:**

Total Body Resistance is a 45-minute low impact total body workout that focuses on muscle strength and toning. This class is perfect for those that are looking for light cardio and strength training.

- \*All Fitness Levels- Low Intensity
- \*Strength and Toning
- \*Resistance Bands

## **T3 (Tummy, Thighs, and Tush):**

T3 is a 45-minute lower body strength and toning class. This workout will focus on abs, legs, lower back, and glute muscles.

- \*All Fitness Levels- Moderate Intensity
- \*Strength, Endurance, Balance, Mobility, and Core Conditioning
- \*Bodyweight/Dumbbells and Resistance Bands

## **UpperCut:**

UpperCut is a 45-minute upper body strength and toning class. This workout will focus on abs, back, shoulders, chest, and arm muscles.

- \*All Fitness Levels- Moderate Intensity
- \*Strength, Endurance, Mobility, and Core Conditioning
- \*Bodyweight/Dumbbells, Medicine Balls, Kettlebells, Resistance Bands

## **360 Training:**

360 Training is a 45-minute total body circuit which will involve the fun of obstacle courses. This class will build coordination, motor skills, and increase endurance. 360 Training is perfect for those that are looking for a break from a normal workout and want to have some friendly competition.

- \*All Fitness Levels- Moderate Intensity
- \*Cardio, Endurance, Agility
- \*Body weight, Medicine Balls, Agility Ladders, Cones, etc.